



## SAFETY AND HEALTH NEWSLETTER

03 July 06



Volume 1, Issue 10

### Safety and Health Tips: Climbing Stairs

To add strength to leg muscles and get a cardiovascular workout at the same time, try climbing plain old stairs.

This can be done at home, in your office, apartment building, or on start-climbing machines in the gym.

Climbing two steps at a time is good for building the quadriceps (thigh muscles) and the gluteus (butt).

Going down steps builds strength builds strength in the quadriceps, and to a lesser extent, the hamstrings.

But remember to always keep safety in mind and watch your step whenever you do this to avoid accidental falls.

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## CRITICAL DAYS OF SUMMER

**May 26 to September 4**

is the period of **critical days of summer**. The current theme for FY 06 developed by the Navy and Marine Corps safety team is called "**24/7 Operation Summer Force Preservation**", wherein sailors and marines are reminded to be aware, alert and able to manage risk all day and every day, especially on those following months.

Risk during the "critical days" period is greater because it is a time where service members go with their family or friends on vacation and the weather

is ideal for outdoor and water activities. This exposes them, and sometimes even their companions, to possible mishaps.

### PMV MISHAPS

Traffic Mishaps are the number one cause of fatalities during the summer periods. Throughout 2002 to 2005 166 Sailors and Marines have been lost on PMV crashes.

Leading cause of PMV accidents are:

- Drowsy or Night time driving
- Not using seatbelts
- Speeding
- Drinking and Driving

- Fatigue
- Common distractions
  - a. Road Rage
  - b. Cell phone use

PMV crashes include 4 wheel vehicles, motorcycles and pedestrians. Some people think that mishaps

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**"This can always be avoided, take time to consider safety".**

## HEAT INJURY, A HOT TOPIC!

The climate here at Diego Garcia is often hot, with temperatures reaching to more than 95°F. One of the most common injury that may occur in this kind of climate is heat injury. Here are some facts about heat injury.

### ADVERSE EFFECTS OF HEAT SYMPTOMS

1. Heat Cramps— muscle cramps of the abdomen, legs, or arms.
2. Heat Exhaustion— Profuse sweating with pale, moist and cool skin; weakness; loss of appe-

tite; dizziness. May also have heat cramps, nausea, chills, rapid breathing, tingling of the hands or feet, and confusion.

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**Beach volleyball is an exhilarating sport**

## BEACH VOLLEYBALL SAFETY TIPS

Source: [www.collegesportsscholarships.com](http://www.collegesportsscholarships.com)

10 Safety Tips for playing Beach volleyball:

1. Stretch out and warm up, so you don't tear any muscles.
2. Stay hydrated. Drink plenty of water. Eat salt, pickles/pickle juice (sodium) and b a n a n a s (potassium).
3. Wear sunglasses (to protect eyes), sun socks (to prevent sores and blisters), use sun screen and lip balm. Re-apply when necessary.
4. Make sure your mouth is closed when you dive for the ball, so you don't get sand in your mouth.
5. Make sure you get along with your partner. You don't want to start a fight on the court. Communication is the key.
6. Watch out for stray glass on the beach. You don't want to get cut.
7. Remove the sand from the ball before continuing play.
8. Do not drink alcoholic beverages when playing.
9. Be careful when spiking, avoid twisting your ankles. Avoid hitting other players when spiking.

**“ Hot Stuff!  
Sun is fun if  
not  
overdone”!**

## HEAT INJURY, A HOT TOPIC!

Source: AOSSM

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3. Heat Stroke— Headache, dizziness, stomach pains, confusion, weakness and sudden loss of consciousness, and may have seizures; skin is hot and pale.

tial in preventing heat injury. Appropriate physical conditioning and becoming adjusted with the climate are also important. Recognition of the early symptoms of heat injury is critical, the more you wait, the more severe the heat injury becomes.

### HERE ARE SOME PREVENTIVE TIPS TO HELP AVOID HEAT INJURY:

1. Drink plenty of fluids when doing heavy activity such as sports, even if you are not thirsty.
2. Preseason conditioning will help your body cope with the heat and humidity.
3. Take many breaks in hot weather. Do not over exert yourself especially if you have not properly trained for the sport you are engaging on.
4. Participate in athletic activities in the morning or late afternoon when the temperature is cooler. The sun's rays are most intense between 10 a.m. and 4 p.m..
5. Participating in shorter faster sports events will not decrease the risk of heat injury in hot weather. Instead, try to schedule longer, slower paced events.
6. Wear light weight, light colored clothes made of porous materials. Do not wear full equipment when practicing, unless it is necessary for your safety.
7. If you believe someone is suffering from overexposure to heat, immediately seek medical care. Until help arrives, you should move the victim to a shaded area, remove any excess clothing, wet and fan the body and elevate the legs and buttocks.

\* Here at Diego Garcia, jogging is highly discouraged during black flag conditions (over 100°F), but if you decide to run during this condition, make sure you drink plenty of fluids to avoid dehydration.



### HOW DOES A PERSON SUSTAIN A HEAT INJURY?

People who participate in sports events or do heavy activity during intense heat are most susceptible to heat injury. Not drinking enough fluids during hot season also makes the person susceptible to heat injury.

### HOW CAN HEAT INJURY BE PREVENTED?

Fluid replacement is essen-



**“Avoid dehydration, drink plenty of fluids to prevent heat injury”.**

## CRITICAL DAYS OF SUMMER

Source: [www.safetycenter.navy.mil](http://www.safetycenter.navy.mil)

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won't happen to them, and that being careful is too time-consuming and unnecessary. Statistics would show how wrong they are.

According to statistics:

**220** sailors and marines died in PMV and off duty recreational mishaps from summer 2002 through 2005.

**73%** were between 18 to 26 years old.

**45%** were drivers or passengers in cars or light trucks.

**31%** of the total fatalities involved alcohol use.

**25%** Died in shore/recreational mishaps.

**25%** Were motorcycle riders.

**0.7 sec** Time it takes for a 55 mph crash to kill a person.

Needless traffic accidents can be avoided by following basic traffic safety tips. This will help reduce the chances of missing out a fun and enjoyable summer.

Some basic traffic safety tips:

- Always maintain a safe speed (follow speed rules of the road).
- Don't drink and drive.
- Avoid distractions.
- Be responsible and use occupant protection such as seatbelts.
- Recognize the danger signs of fatigue.

- Don't be a moving target on your motorcycle.
- Make sure your vehicle is in top condition.
- Share the road at cross walks.
- Be mindful of the weather.

### RECREATIONAL AND OFF-DUTY MISHAPS

54 sailors and marines were lost during the summer periods between 2002 through 2005 to off-duty shore/recreational mishaps.

Leading causes of mishap:

- Inadequate training
- Failure to follow regulations
- Lack of experience at activity

Some basic recreation off-duty safety tips:

- Learn water survival skills
- Prevent fall injuries during outdoors activities
- Don't drink and play.
- Avoid heat injuries. Drink plenty of fluids.
- Be mindful of the weather, specially when there is lighting.
- Follow rules of play.
- Always warm up before engaging in any sport activity.

### HOW TO MAKE A DIFFERENCE

Having a safe attitude is the first step in making a difference. Ask yourself:

- Do you warm up before you exercise?

- Do you drink and drive?
- Are you trained or experienced in the activities you are engaged in?
- Do you take the time to plan your trip?
- Do you drive within the speed limit?
- Do you drive when you are fatigued?
- Does your group designate a driver when you go out for drinks?
- Who will be left behind if you get hurt?

### BE A FRIEND TO YOURSELF AND TO OTHERS

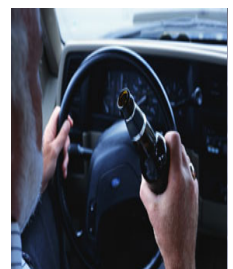
- Do not drink and drive.
- Call someone if you have been drinking and need a ride home. Take a TAXI if you need to.
- Have a designated driver if you go out drinking.
- Take time to learn and train in any activity you plan to engage in.
- Get enough rest before going on a long trip.
- Talk to your friends who might be putting themselves in danger.
- Have a good time without putting yourself, your family and friends at risk.

Always take the time to play it safe, it is always better to be prepared than being caught off guard. Be safe for yourself, your family, and your friends.



**Do some stretching to warm up before exercise.**

**“ Play hard to win, but play it safe!”**



**Drinking and Driving, a dangerous combination!**



# Safety Department's Activities for July 06

There's always room for improvement. Visit us at <http://ice.disa.mil> and tell us how we can improve the island's safety program.



**Need to Report a Safety Hazard?**  
Call the NSF Safety Office at [370-4122](tel:370-4122)



## Safety Representatives Briefing

13 July 06 1330H at the NSF Safety Training Room Bldg. 301  
Target Audience: All newly designated safety representatives

## Hazmat Coordinators Briefing

14 July 06 1330H at the NSF Safety Training Room Bldg. 301  
Target Audience: All newly designated Hazmat representatives

## Safety Committee Meeting

06 July 06, 1500H at the NSF Conference room  
Target Audience: All Safety Representatives

## Island Indoctrination

Bi-monthly, 1500H  
Acey Deucey Room  
Target Audience: All new personnel



## OSH INSPECTION SCHEDULE JULY 06

Facility #	Organization	Facility Name
161	Supp/Billeting	BEQ 1
162	Supp/Billeting	BEQ 2
163	Supp/Billeting	BEQ 3
164	Supp/Billeting	BEQ 4
171	Supp/Billeting	BEQ 5
165	Supp/Billeting	BEQ 6
166	Supp/Billeting	BEQ 7
170	Supp/Billeting	BEQ 11
177	Supp/Billeting	BEQ 12
1613	Supp/Billeting	BEQ 13
1614	Supp/Billeting	BEQ 14
1615	Supp/Billeting	BEQ 15
1616	Supp/Billeting	BEQ 16
1618	Supp/Billeting	BEQ 17
1620	Supp/Billeting	BEQ 18

## Safety Quote of the Month:

**Relax safely,  
never relax on safety**

## NSF SAFETY DEPARTMENT CORNER: NSF SAFETY DEPARTMENT RECEIVES COMMENDATION FROM NMCB-4

The Commanding Officer, U.S. Naval Mobile Construction Battalion (NMCB)-4 commended the Safety Department for providing outstanding support to NMCB-4's construction projects for the period of 15 December 2005 to 04 June 2006.

The awarding was headed by NMCB-4 OIC, UTCS Jayme Rainwater. Present during the awarding was safety representative SW1 Daniel Rodriguez.

The Safety department gave its complete support to NMCB-4. NMCB-4 succeeded in completing the construction of six projects on time, projects that are worth 2,138 man-days and

\$500K. These projects are aimed to improve the quality of life for all who are stationed on Diego Garcia. One noted facility that NMCB-4 has constructed is Jake's Place, which is now open for the public.

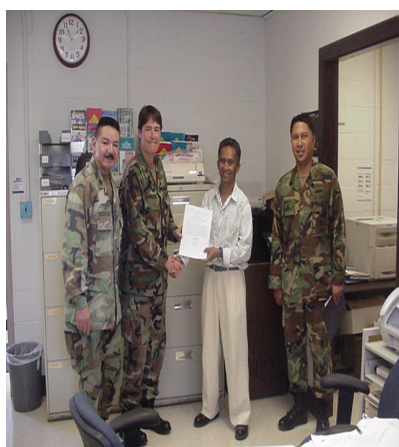
NMCB-4 has shown excellence in supporting the safety programs of the department. It always placed safety first when it comes to doing their jobs, coordinating with the department for their safety needs.

Although NMCB-4 has already left the island, we, at the Safety Department would like to extend our thanks and appreciation for their work in making life

better and safer on Diego Garcia and for recognizing the department's efforts.



NMCB-4 was replaced by NMCB-1. The Safety Department will continue its commitment of providing quality support to the current construction battalion in order for them to meet their assigned task and goals.



**NSF Safety Officer accepting the commendation from UTCS Jayme Rainwater**